

Claims:

1. A method of treating a mammal having diabetes comprising administering to said mammal a formulation in an amount, at a frequency, and for a duration effective
5 to reduce or eliminate said diabetes, said formulation comprising an anti-fungal agent.

2. The method of claim 1 wherein the anti-fungal agent comprises an anti-fungal agent selected from the
10 group consisting of fluconazole, nystatin, itraconazole, terbinafine, ketoconazole, coltrimazole, caspofungin, voriconazole, amphotericinB, flucytosine, and griseofulvin.

15 3. The method of claim 2 including the additional step of administering to said mammal a low carbohydrate diet.

4. The method according to claim 3 wherein the
20 low carbohydrate diet excludes all sugars.

5. The method according to claim 3 wherein the low carbohydrate diet excludes all sugars, aspartame, and saccharin.

5 6. The method according to claim 3 wherein the low carbohydrate diet excludes all fruits except green apples, berries, avocados, grapefruit, lemons, and limes.

10 7. The method according to claim 3 wherein the low carbohydrate diet excludes all bread and breaded meats.

8. The method according to claim 3 wherein the
15 low carbohydrate diet excludes all dairy products except yogurt, cream cheese, unsweetened whipping cream, sour cream, and butter.

9. The method according to claim 3 wherein the
20 low carbohydrate diet excludes potatoes, yams, and legumes.

10. The method according to claim 3 wherein the low carbohydrate diet excludes coffee, tea, sodas, and canned juice.

5 11. The method according to claim 3 wherein the low carbohydrate diet excludes all grains and all food products made from grains.

12. The method according to claim 3 wherein the
10 low carbohydrate diet excludes yeast products, including bread, pastries, mushrooms, and alcoholic beverages.

13. The method according to claim 3 wherein the low carbohydrate diet excludes pickles, salad dressings,
15 green olives, and soy sauce.

14. The method according to claim 3 wherein the low carbohydrate diet excludes partially-hydrogenated oils, corn, and peanut oil.

15. The method according to claim 3 wherein the low carbohydrate diet excludes peanuts, all products made from peanuts and pistachios.

5 16. The method according to claim 3 wherein the low carbohydrate diet excludes all sugars, aspartame, and saccharin, all fruits except green apples, berries, avocados, grapefruit, lemons, and limes, all bread and breaded meats, all dairy products except yogurt, cream
10 cheese, unsweetened whipping cream, sour cream, and butter, potatoes, yams, and legumes, coffee, tea, sodas, and canned juice, all grains and all food products made from grains, yeast products, including bread, pastries, mushrooms, and alcoholic beverages, pickles, salad
15 dressings, green olives, and soy sauce, partially-hydrogenated oils, corn, peanut oil, peanuts, all products made from peanuts, and pistachios.

17. The method of claim 1 wherein the anti-fungal
20 agent comprises an anti-fungal agent selected from the group consisting of grapefruit seed extract, olive life extract, garlic, burdock root, caprylic acid, pau d-arco,

undecylenic acid, selenium, zinc picolinate, zinc citrate, iodine, vitamin C, vitamin E, vitamin D, and broccoli sprouts.

5 18. The method of claim 17 including the additional step of administering to said mammal a low carbohydrate diet.

10 19. The method according to claim 17 wherein the low carbohydrate diet excludes all sugars.

20. The method according to claim 17 wherein the low carbohydrate diet excludes all sugars, aspartame, and saccharin.

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21. The method according to claim 17 wherein the low carbohydrate diet excludes all fruits except green apples, berries, avocados, grapefruit, lemons, and limes.

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22. The method according to claim 17 wherein the low carbohydrate diet excludes all bread and breaded meats.

5 23. The method according to claim 17 wherein the low carbohydrate diet excludes all dairy products except yogurt, cream cheese, unsweetened whipping cream, sour cream, and butter.

10 24. The method according to claim 17 wherein the low carbohydrate diet excludes potatoes, yams, and legumes.

15 25. The method according to claim 17 wherein the low carbohydrate diet excludes coffee, tea, sodas, and canned juice.

20 26. The method according to claim 17 wherein the low carbohydrate diet excludes all grains and all food products made from grains.

27. The method according to claim 17 wherein the low carbohydrate diet excludes yeast products, including bread, pastries, mushrooms, and alcoholic beverages.

5 28. The method according to claim 17 wherein the low carbohydrate diet excludes pickles, salad dressings, green olives, and soy sauce.

29. The method according to claim 17 wherein the
10 low carbohydrate diet excludes partially-hydrogenated oils, corn, and peanut oil.

30. The method according to claim 17 wherein the low carbohydrate diet excludes peanuts, all products
15 made from peanuts, all products made from peanuts, and pistachios.

31. The method according to claim 17 wherein the low carbohydrate diet excludes all sugars, aspartame,
20 and saccharin, all fruits except green apples, berries, avocados, grapefruit, lemons, and limes, all bread and breaded meats, all dairy products except yogurt, cream

cheese, unsweetened whipping cream, sour cream, and
butter, potatoes, yams, and legumes, coffee, tea, sodas,
and canned juice, all grains and all food products made
from grains, yeast products, including bread, pastries,
5 mushrooms, and alcoholic beverages, pickles, salad
dressings, green olives, and soy sauce, partially-
hydrogenated oils, corn, peanut oil, peanuts, all
products made from peanuts and pistachios.

10 32. A method of treating a mammal having diabetes
indicating symptoms comprising administering to said
mammal a formulation in an amount, at a frequency, and
for a duration effective to reduce or eliminate said
symptoms, said formulation comprising an anti-fungal
15 agent.

33. The method of claim 32 wherein the anti-fungal
agent comprises an anti-fungal agent selected from the
group consisting of fluconazole, nystatin, itraconazole,
20 terbinafine, ketoconazole, coltrimazole, caspofungin,
voriconazole, amphotericinB, flucytosine, and
griseofulvin.

34. The method of claim 33 including the additional step of administering to said mammal a low carbohydrate diet.

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35. The method according to claim 34 wherein the low carbohydrate diet excludes all sugars.

36. The method according to claim 34 wherein the
10 low carbohydrate diet excludes all sugars, aspartame, and saccharin.

37. The method according to claim 34 wherein the low carbohydrate diet excludes all fruits except green
15 apples, berries, avocados, grapefruit, lemons, and limes.

38. The method according to claim 34 wherein the low carbohydrate diet excludes all bread and breaded
20 meats.

39. The method according to claim 34 wherein the low carbohydrate diet excludes all dairy products except yogurt, cream cheese, unsweetened whipping cream, sour cream, and butter.

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40. The method according to claim 34 wherein the low carbohydrate diet excludes potatoes, yams, and legumes.

10 41. The method according to claim 34 wherein the low carbohydrate diet excludes coffee, tea, sodas, and canned juice.

15 42. The method according to claim 34 wherein the low carbohydrate diet excludes all grains and all food products made from grains.

20 43. The method according to claim 34 wherein the low carbohydrate diet excludes yeast products, including bread, pastries, mushrooms, and alcoholic beverages.

44. The method according to claim 34 wherein the low carbohydrate diet excludes pickles, salad dressings, green olives, and soy sauce.

5 45. The method according to claim 34 wherein the low carbohydrate diet excludes partially-hydrogenated oils, corn, and peanut oil.

46. The method according to claim 34 wherein the
10 low carbohydrate diet excludes peanuts, all products made from peanuts and pistachios.

47. The method according to claim 34 wherein the low carbohydrate diet excludes all sugars, aspartame,
15 and saccharin, all fruits except green apples, berries, avocados, grapefruit, lemons, and limes, all bread and breaded meats, all dairy products except yogurt, cream cheese, unsweetened whipping cream, sour cream, and butter, potatoes, yams, and legumes, coffee, tea, sodas,
20 and canned juice, all grains and all food products made from grains, yeast products, including bread, pastries, mushrooms, and alcoholic beverages, pickles, salad

dressings, green olives, and soy sauce, partially-hydrogenated oils, corn, peanut oil, peanuts, all products made from peanuts, and pistachios.

5 48. The method of claim 32 wherein the anti-fungal agent comprises an anti-fungal agent selected from the group consisting of grapefruit seed extract, olive life extract, garlic, burdock root, caprylic acid, pau d-arco, undecylenic acid, selenium, zinc picolinate, zinc
10 citrate, iodine, vitamin C, vitamin E, vitamin D, and broccoli sprouts.

 49. The method of claim 48 including the additional step of administering to said mammal a low
15 carbohydrate diet.

 50. The method according to claim 48 wherein the low carbohydrate diet excludes all sugars.

20 51. The method according to claim 48 wherein the low carbohydrate diet excludes all sugars, aspartame, and saccharin.

52. The method according to claim 48 wherein the
low carbohydrate diet excludes all fruits except green
apples, berries, avocados, grapefruit, lemons, and
5 limes.

53. The method according to claim 48 wherein the
low carbohydrate diet excludes all bread and breaded
meats.

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54. The method according to claim 48 wherein the
low carbohydrate diet excludes all dairy products except
yogurt, cream cheese, unsweetened whipping cream, sour
cream, and butter.

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55. The method according to claim 48 wherein the
low carbohydrate diet excludes potatoes, yams, and
legumes.

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56. The method according to claim 48 wherein the
low carbohydrate diet excludes coffee, tea, sodas, and
canned juice.

57. The method according to claim 48 wherein the low carbohydrate diet excludes all grains and all food products made from grains.

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58. The method according to claim 48 wherein the low carbohydrate diet excludes yeast products, including bread, pastries, mushrooms, and alcoholic beverages.

10 59. The method according to claim 48 wherein the low carbohydrate diet excludes pickles, salad dressings, green olives, and soy sauce.

60. The method according to claim 48 wherein the
15 low carbohydrate diet excludes partially-hydrogenated oils, corn, and peanut oil.

61. The method according to claim 48 wherein the
low carbohydrate diet excludes peanuts, all products
20 made from peanuts, all products made from peanuts, and pistachios.

62. The method according to claim 17 wherein the low carbohydrate diet excludes all sugars, aspartame, and saccharin, all fruits except green apples, berries, 5 avocados, grapefruit, lemons, and limes, all bread and breaded meats, all dairy products except yogurt, cream cheese, unsweetened whipping cream, sour cream, and butter, potatoes, yams, and legumes, coffee, tea, sodas, and canned juice, all grains and all food products made 10 from grains, yeast products, including bread, pastries, mushrooms, and alcoholic beverages, pickles, salad dressings, green olives, and soy sauce, partially-hydrogenated oils, corn, peanut oil, peanuts, all products made from peanuts and pistachios.

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63. A method of treating a mammal having multiple sclerosis comprising administering to said mammal a formulation in an amount, at a frequency, and for a duration effective to reduce or eliminate said multiple 20 sclerosis, said formulation comprising an anti-fungal agent.

64. The method of claim 63 wherein the anti-fungal agent comprises an anti-fungal agent selected from the group consisting of fluconazole, nystatin, itraconazole, terbinafine, ketoconazole, coltrimazole, caspofungin, voriconazole, amphotericinB, flucytosine, and griseofulvin.

65. The method of claim 64 including the additional step of administering to said mammal a low carbohydrate diet.

66. The method according to claim 65 wherein the low carbohydrate diet excludes all sugars.

67. The method according to claim 65 wherein the low carbohydrate diet excludes all sugars, aspartame, and saccharin.

68. The method according to claim 65 wherein the low carbohydrate diet excludes all fruits except green apples, berries, avocados, grapefruit, lemons, and limes.

69. The method according to claim 65 wherein the low carbohydrate diet excludes all bread and breaded meats.

5 70. The method according to claim 65 wherein the low carbohydrate diet excludes all dairy products except yogurt, cream cheese, unsweetened whipping cream, sour cream, and butter.

10 71. The method according to claim 65 wherein the low carbohydrate diet excludes potatoes, yams, and legumes.

15 72. The method according to claim 65 wherein the low carbohydrate diet excludes coffee, tea, sodas, and canned juice.

20 73. The method according to claim 65 wherein the low carbohydrate diet excludes all grains and all food products made from grains.

74. The method according to claim 65 wherein the low carbohydrate diet excludes yeast products, including bread, pastries, mushrooms, and alcoholic beverages.

5 75. The method according to claim 65 wherein the low carbohydrate diet excludes pickles, salad dressings, green olives, and soy sauce.

76. The method according to claim 65 wherein the
10 low carbohydrate diet excludes partially-hydrogenated oils, corn, and peanut oil.

77. The method according to claim 65 wherein the low carbohydrate diet excludes peanuts, all products
15 made from peanuts and pistachios.

78. The method according to claim 65 wherein the low carbohydrate diet excludes all sugars, aspartame, and saccharin, all fruits except green apples, berries,
20 avocados, grapefruit, lemons, and limes, all bread and breaded meats, all dairy products except yogurt, cream cheese, unsweetened whipping cream, sour cream, and

butter, potatoes, yams, and legumes, coffee, tea, sodas,
and canned juice, all grains and all food products made
from grains, yeast products, including bread, pastries,
mushrooms, and alcoholic beverages, pickles, salad
5 dressings, green olives, and soy sauce, partially-
hydrogenated oils, corn, peanut oil, peanuts, all
products made from peanuts, and pistachios.

79. The method of claim 63 wherein the anti-fungal
10 agent comprises an anti-fungal agent selected from the
group consisting of grapefruit seed extract, olive life
extract, garlic, burdock root, caprylic acid, pau d-arco,
undecylenic acid, selenium, zinc picolinate, zinc
citrate, iodine, vitamin C, vitamin E, vitamin D, and
15 broccoli sprouts.

80. The method of claim 79 including the
additional step of administering to said mammal a low
carbohydrate diet.

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81. The method according to claim 79 wherein the
low carbohydrate diet excludes all sugars.

82. The method according to claim 79 wherein the low carbohydrate diet excludes all sugars, aspartame, and saccharin.

5 83. The method according to claim 79 wherein the low carbohydrate diet excludes all fruits except green apples, berries, avocados, grapefruit, lemons, and limes.

10 84. The method according to claim 79 wherein the low carbohydrate diet excludes all bread and breaded meats.

15 85. The method according to claim 79 wherein the low carbohydrate diet excludes all dairy products except yogurt, cream cheese, unsweetened whipping cream, sour cream, and butter.

20 86. The method according to claim 79 wherein the low carbohydrate diet excludes potatoes, yams, and legumes.

87. The method according to claim 79 wherein the low carbohydrate diet excludes coffee, tea, sodas, and canned juice.

5 88. The method according to claim 79 wherein the low carbohydrate diet excludes all grains and all food products made from grains.

89. The method according to claim 79 wherein the
10 low carbohydrate diet excludes yeast products, including bread, pastries, mushrooms, and alcoholic beverages.

90. The method according to claim 79 wherein the low carbohydrate diet excludes pickles, salad dressings,
15 green olives, and soy sauce.

91. The method according to claim 79 wherein the low carbohydrate diet excludes partially-hydrogenated oils, corn, and peanut oil.

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92. The method according to claim 79 wherein the low carbohydrate diet excludes peanuts, all products

made from peanuts, all products made from peanuts, and pistachios.

93. The method according to claim 79 wherein the
5 low carbohydrate diet excludes all sugars, aspartame, and saccharin, all fruits except green apples, berries, avocados, grapefruit, lemons, and limes, all bread and breaded meats, all dairy products except yogurt, cream cheese, unsweetened whipping cream, sour cream, and
10 butter, potatoes, yams, and legumes, coffee, tea, sodas, and canned juice, all grains and all food products made from grains, yeast products, including bread, pastries, mushrooms, and alcoholic beverages, pickles, salad dressings, green olives, and soy sauce, partially-
15 hydrogenated oils, corn, peanut oil, peanuts, all products made from peanuts and pistachios.

94. A method of treating a mammal having multiple sclerosis indicating symptoms comprising administering
20 to said mammal a formulation in an amount, at a frequency, and for a duration effective to reduce or

eliminate said symptoms, said formulation comprising an anti-fungal agent.

95. The method of claim 94 wherein the anti-fungal
5 agent comprises an anti-fungal agent selected from the group consisting of fluconazole, nystatin, itraconazole, terbinafine, ketoconazole, coltrimazole, caspofungin, voriconazole, amphotericinB, flucytosine, and griseofulvin.

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96. The method of claim 95 including the additional step of administering to said mammal a low carbohydrate diet.

15 97. The method according to claim 96 wherein the low carbohydrate diet excludes all sugars.

98. The method according to claim 96 wherein the low carbohydrate diet excludes all sugars, aspartame,
20 and saccharin.

99. The method according to claim 96 wherein the low carbohydrate diet excludes all fruits except green apples, berries, avocados, grapefruit, lemons, and limes.

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100. The method according to claim 96 wherein the low carbohydrate diet excludes all bread and breaded meats.

10 101. The method according to claim 96 wherein the low carbohydrate diet excludes all dairy products except yogurt, cream cheese, unsweetened whipping cream, sour cream, and butter.

15 102. The method according to claim 96 wherein the low carbohydrate diet excludes potatoes, yams, and legumes.

20 103. The method according to claim 96 wherein the low carbohydrate diet excludes coffee, tea, sodas, and canned juice.

104. The method according to claim 96 wherein the low carbohydrate diet excludes all grains and all food products made from grains.

5 105. The method according to claim 96 wherein the low carbohydrate diet excludes yeast products, including bread, pastries, mushrooms, and alcoholic beverages.

10 106. The method according to claim 96 wherein the low carbohydrate diet excludes pickles, salad dressings, green olives, and soy sauce.

15 107. The method according to claim 96 wherein the low carbohydrate diet excludes partially-hydrogenated oils, corn, and peanut oil.

20 108. The method according to claim 96 wherein the low carbohydrate diet excludes peanuts, all products made from peanuts and pistachios.

109. The method according to claim 96 wherein the low carbohydrate diet excludes all sugars, aspartame,

and saccharin, all fruits except green apples, berries,
avocadoes, grapefruit, lemons, and limes, all bread and
breaded meats, all dairy products except yogurt, cream
cheese, unsweetened whipping cream, sour cream, and
5 butter, potatoes, yams, and legumes, coffee, tea, sodas,
and canned juice, all grains and all food products made
from grains, yeast products, including bread, pastries,
mushrooms, and alcoholic beverages, pickles, salad
dressings, green olives, and soy sauce, partially-
10 hydrogenated oils, corn, peanut oil, peanuts, all
products made from peanuts, and pistachios.

110. The method of claim 94 wherein the anti-fungal
agent comprises an anti-fungal agent selected from the
15 group consisting of grapefruit seed extract, olive life
extract, garlic, burdock root, caprylic acid, pau d-arco,
undecylenic acid, selenium, zinc picolinate, zinc
citrate, iodine, vitamin C, vitamin E, vitamin D, and
broccoli sprouts.

111. The method of claim 110 including the additional step of administering to said mammal a low carbohydrate diet.

5 112. The method according to claim 110 wherein the low carbohydrate diet excludes all sugars.

113. The method according to claim 110 wherein the low carbohydrate diet excludes all sugars, aspartame,
10 and saccharin.

114. The method according to claim 110 wherein the low carbohydrate diet excludes all fruits except green apples, berries, avocados, grapefruit, lemons, and
15 limes.

115. The method according to claim 110 wherein the low carbohydrate diet excludes all bread and breaded meats.

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116. The method according to claim 110 wherein the low carbohydrate diet excludes all dairy products except

yogurt, cream cheese, unsweetened whipping cream, sour cream, and butter.

117. The method according to claim 110 wherein the
5 low carbohydrate diet excludes potatoes, yams, and legumes.

118. The method according to claim 110 wherein the
low carbohydrate diet excludes coffee, tea, sodas, and
10 canned juice.

119. The method according to claim 110 wherein the
low carbohydrate diet excludes all grains and all food
products made from grains.

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120. The method according to claim 110 wherein the
low carbohydrate diet excludes yeast products, including
bread, pastries, mushrooms, and alcoholic beverages.

20 121. The method according to claim 110 wherein the
low carbohydrate diet excludes pickles, salad dressings,
green olives, and soy sauce.

122. The method according to claim 110 wherein the low carbohydrate diet excludes partially-hydrogenated oils, corn, and peanut oil.

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123. The method according to claim 110 wherein the low carbohydrate diet excludes peanuts, all products made from peanuts, all products made from peanuts, and pistachios.

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124. The method according to claim 79 wherein the low carbohydrate diet excludes all sugars, aspartame, and saccharin, all fruits except green apples, berries, avocados, grapefruit, lemons, and limes, all bread and
15 breaded meats, all dairy products except yogurt, cream cheese, unsweetened whipping cream, sour cream, and butter, potatoes, yams, and legumes, coffee, tea, sodas, and canned juice, all grains and all food products made from grains, yeast products, including bread, pastries,
20 mushrooms, and alcoholic beverages, pickles, salad dressings, green olives, and soy sauce, partially-

hydrogenated oils, corn, peanut oil, peanuts, all products made from peanuts and pistachios.